

DNR Program

**Indiana Department of Natural Resources
Nature Center
Pokagon State Park
450 Lane 100, Lake James
Angola, Indiana 46703**

Media Release

March 16, 2008
For Immediate Release.

Pokagon State Park to host 2nd Annual Pathways Pokagon Triathlon/Duathlon

On Saturday, May 17, at 9:00am, Pokagon State Park will host the 2nd Annual Pathways Pokagon State Park Triathlon/Duathlon utilizing resources within the park and out into Steuben County. The event is being organized and conducted by TriFort Triathletes. A major sponsor will be Fort Wayne Orthopedics, recognizing Pathways. Inc, a crisis shelter for youth of Allen County and northeast Indiana.

Participants will compete in this Olympic distance event being staged at the park's CCC Shelter. The Triathlon will consist of a 1.5-kilometer swim from the Pokagon main beach along the popular Lake James slalom ski course. Next, athletes will transition to a 40-kilometer bike ride on roads over the rolling terrain featuring the fields, forests and wetlands of rural Steuben County. The final leg of the event will be a 10-kilometer run on the rolling and wooded trails of Pokagon State Park. Those who choose not to swim, or if race organizers determine that the water temperature is too cold for swimmer safety on race day, there will be a Duathlon. This event features the 10K run, 40K bike ride, followed by another 5K run back on park trails.

The race will begin in two waves separated by three to five minutes. Men will begin first, then women. All participants will receive a gift bag containing a race tee shirt and triathlon related gear, post race festivities, and a picnic.

Advanced individual race fee is \$60.00 for USA Triathlon (USTA) members, \$70.00 for non-USAT members. Team race fee is \$120.00 for USAT members, \$130.00 for non-USAT members. Day of race fees will have \$25.00 added to each category.

-More -

To volunteer at the event, contact TriFort Triathletes at www.teamtrifort.com. A major sponsor of the event is Fort Wayne Orthopedics. Others co-sponsors are 80/20 Incorporated, Hupe Insurance, Strebis Construction, Upstream WM, Summit City Fitness, Summit City Bike, Tower Bank, TLA Signs, Lake James Cottage Owners Association, Carpet Craftsman, PHP, PC Help, Professional Credit Union, Mad Anthony's Brewing Company, Hammer Nutrition, Moe's Southwest Grill, Brookside Sports, Three Rivers Running Company, Summit Mortgage, and Martin, Goldstein, Knapke Real Estate. Additional sponsors are being sought, and for that information contact the website shown above.

For more information and to register on-line, visit www.teamtrifort.com and follow the links to the race. Registration packet pick-up and pre-registration will take place on Friday, May 16, from 3pm to 8pm at the Park's Potawatomi Inn. There will also be race day registration at the CCC Shelter from 7am to 8am on May 17. For overnight lodging at the Potawatomi Inn, contact www.indianainns.com, or call 260-833-2012 or 1-877-768-2928. For information on camping at Pokagon, contact www.camp.IN.gov, or call 1-866-6campIN.

On race day Saturday, there is the normal park entrance fee of \$5.00 for in-state vehicles or \$7.00 for out-of-state vehicles, or you can use your annual entrance pass. Both are available at the park front gate.

* * *

For more information, call Fred Wooley, Park Interpreter, Pokagon State Park at 260-833-2012.